

Example Peer2Peer course outlines

Here are a few examples of how some organisations have used the Peer2Peer resource to deliver their own course. You will notice a mix of full-day and part-day examples. Some have used the whole of Peer2Peer, and others have chosen to use specific bits of it. Remember, it's up to you how you choose to use Peer2Peer.

Example 1. Fife Employment Access Trust (FEAT)

Peer2Peer delivered over eight sessions. Each session is five hours with a 45 minute lunch break. Each day includes introductions, recap and reflections.

Week	Session theme	My own notes
1	Creating the learning environment. What is recovery?	
2	What is personal recovery?	
3	The peer relationship	
4	Use of language	
5	Use of language and communication cont. Using our experiences effectively	
6	Surviving and thriving	
7	Boundaries and positive risk taking	
8	Review and celebration planning	

Example 2. Lothian Centre for Inclusive Living (LCiL)

Peer2Peer was used to develop a small number of sessions focused on peer support which contributed to a longer training course. Four sessions delivered over 5 hours with a 45 minute lunch break. Each day includes introductions, recap, and reflections.

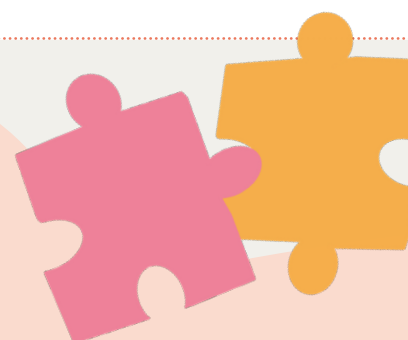
Week	Session theme	My own notes
1	CHIME & active listening	
2	What is peer support	
3	Practicalities of support & supervision	
4	Review and reflection	



Example 3. Moray Wellbeing Hub

Peer2Peer delivered over two full days with 35 minutes break throughout the day. An additional 2.5-hour session on stigma, discrimination, and story sharing. Each day includes introductions, recap, and reflections.

Week	Session theme	My own notes
1	Mental health recovery Peer support in recovery Power, choice and control in peer relationships	
2	Language and communication The power of sharing experiences Understanding trauma Boundaries Positive risk taking Ethics	
3	Stigma and discrimination How can peer support challenge stigma Story sharing	



Example 4. ReStart

Peer2Peer delivered over six 2.5-hour sessions. Each session includes introductions, recap, and reflections.

Week	Session theme	My own notes
1	Creating the learning environment What do we mean by recovery? Looking after our own mental health	
2	What is peer support? Peer values Sharing your story	
3	How can you use your lived experience? Having effective conversations	
4	Use of language and communications Active listening skills Focusing on strengths and building resilience	
5	Issues that impact on people's mental health Boundaries and self-care	
6	Working with peer groups Where do we go from here? Evaluation and review	

